

Welcome to our newsletter

ANNUAL GENERAL MEETING - UPDATE

Following the AGM which was held on Monday 3rd November we can report that as from 1st March 2026 the membership structure will be as follows:

Adults (Over 18) £100; Under 18, Over 60, Full time education, second claim members (those who belong to another club), track only use £90; Under 11 £50; Associate members £20.

Those members who train at Boston will receive a £20 discount to reflect the extra charges incurred there.

We still have a few committee vacancies, mainly for admin roles. If you can help in any way no matter how small, please let us know. The more people who help, the lighter the load for everyone.

SPORTSHALL EVENTS

We have been invited to compete in the Cambs Sportshall events again this year. The dates and venues are:

Saturday 22nd November @ Bushfield Leisure Centre starting at 12.30pm

Saturday 6th December @ One Leisure, St Ives Indoor Sports Centre starting at 12.30pm

The age groups are U11, U13 & U15 boys and girls.

It is £4 per athlete to compete.

These competitions are a great introduction to Sportshall Athletics and athletes of all abilities are welcome to take part.

For anyone wishing to compete in any of these events please speak to your coach or Kay, Brenda and we will get the teams entered.

KEITH HALL 10km

Entries for the ever-popular Keith Hall 10km, which will include the BMAF Championships, will open on December 1st. If you are thinking of competing in this event you need to keep your eyes open for any further notices as this race does tend to fill up very quickly.

SUMMER 2026 LEAGUE DATES

We can now inform you that following a national fixtures conference the dates and venues for the Southern Athletics League (SAL) for 2026, have been confirmed as:

Saturday 16th May @ PETERBOROUGH

Sunday 21st June @ Luton

Sunday 19th July @ St Albans

Saturday 8th August @ Dartford or Peterborough

If you are in the U17 + age groups, please put these dates in your diary and if you are an official, it would be great if you can make yourself available to help at these matches.

5KM ROAD RACE SERIES

The proposed dates for the 2026 5km road series are: 10th June; 24th June; 8th July; 22nd July; 5th August.

Venues are yet to be confirmed, as soon as we have more details, we will let you know.

NEW AGE GROUP CHANGES

Many of you will have heard that the age groups are changing from April 1st 2026, that is only eight months away. The new age categories will be Under 12, Under 14, Under 16, and Under 18.

What this means to the younger age groups in the EAL isn't fully clear now but as soon as we hear anything we will inform everyone.

The new age groups are:

Under 10s: Athletes who are 8 or 9 on 31st August 2026

Under 12s: Athletes who are under 12 but older than 9 on 31st August 2026

Under 14s: Athletes who are under 14 but older than 11 on 31st August 2026

Under 16s: Athletes who are under 16 but older than 13 on 31st August 2026

Under 18s: Athletes who are under 18 but older than 15 on 31st August 2026

There is a lot of technical information about the new age groups that is available on the England Athletics website on this link <https://www.englandathletics.org/about-us/age-group-changes/>

WINTER CROSS COUNTY AND ROAD FIXTURES

CROSS COUNTRY

NORTH MIDS CROSS COUNTRY LEAGUE

Saturday 8th November @ Kettering

Saturday 6th December @ Heanor

Saturday 10th January @ Nottingham

EASTERN CROSS COUNTRY CHAMPS

Saturday 15th November, Horseheath Course, Haverhill, Cambridge

FROSTBITE FRIENDLY LEAGUE

Sunday 7th December @ Ben's Yard, Stuntney Estate, Ely CB7 5TR

Sunday 11th January 2026 @ March

Sunday 1st February @ Bewsey Park

Sunday 1st March @ Huntingdon

ENGLISH NATIONAL CROSS COUNTRY CHAMPS

Saturday 21st February 2026, Sedgefield, County Durham

INDOOR

CAMBRIDGESHIRE SPORTSHALL

Saturday 22nd November @ Bushfield Leisure Centre, PE2 5RQ

Saturday 6th December @ One Leisure, St Ives Sports Centre PE27 6WU

Sunday 1st February 2026 @ UAE Sports Park, Norwich NR4 7TJ

SOUTH OF ENGLAND CHAMPIONSHIPS

Combined Events

Saturday 13th & Sunday 14th December @ Lee Valley Stadium, Edmonton, N9 0AR

Saturday - U15B & U17W Pentathlon; Sunday - U15G, U20W & SW Pentathlon

Saturday & Sunday - U17 M, U20M & SM Heptathlon

Entry on line at www.seaa.org.uk. Entries close 2nd December

SOUTH OF ENGLAND MIDDLE DISTANCE CHAMPIONSHIPS

New event

Saturday 13th & Sunday 14th December @ Lee Valley Stadium, Edmonton, N9 0AR

Saturday – U15/U17/U20/ Senior 1500m heat (Finals on Sunday)

Sunday – U15/U17/U20/Senior 1500m Finals & U15/U17/U20/Senior 3000m Finals

Entry on line at www.seaa.org.uk. Entries close 2nd December

SOUTH OF ENGLAND U13 / U15 / U17 CHAMPIONSHIPS

Saturday 10th & Sunday 11th January @ Lee Valley Stadium, Edmonton, N9 0AR

Saturday 10th -

U13: 60M, LJ, HJ (start height 1.20m for girls, 1.25m for boys), SP

U13/U15: 800m Heats (Finals on Sunday)

U15/U17: 60m, 60m Hurdles

Sunday 11th –

U13: 800m Final

U15/U17: 200m, 300m (U15B&G), 400 (U17M&W), 800m, LJ, SP

U15B: HJ (1.50m), PV (2.30m), TJ (9m/11m)

U15G: HJ (1.40m), PV (1.90m), TJ (7m/9m)

U17M: HJ (1.65m), PV (2.90m), TJ (11m/13m)

U17W: HJ (1.45m), PV (2.20m), TJ (9m /11m)

Entry on line at www.seaa.org.uk. Entries close 30th December

SOUTH OF ENGLAND U20 / SENIOR CHAMPIONSHIPS

Saturday 31st January & Sunday 1st February @ Lee Valley Stadium, Edmonton, N9 0AR

Saturday - **U20/Senior:** 60m, 60m Hurdles, LJ, SP

Sunday - **U20/Senior:** 200m, 400m, 800m

U20W: HJ (1.50m), PV (2.30m), TJ (9m / 11m)

U20M: HJ (1.70m), PV (3.40m), TJ (11m / 13m)

SW: HJ (1.55m), PV (2.70m), TJ (11m)

SM: HJ (1.80m), PV (3.80m), TJ (13m)

Entry on line at www.seaa.org.uk. Entries close 20th January

RESULTS ROUND-UP

FROSTBITE FRIENDLY LEAGUE, Ferry Meadows, 2nd November

What a great turnout for the second event of this series. It was lovely to see so many youngsters enjoying their run as well.

We welcomed a number of new faces to the club in both races, we hope they enjoyed it and we will see them again. This was the highest number (23) of youngsters we've seen for many years.

This is a great league which caters for all age groups. At the end of the series, there will be awards which are based on average scores for those who have competed. You really don't have to finish high up to be in with a shout - it really is the taking part which counts.

Well done everyone.

A reminder the next event is on Sunday 7th December at Ben's Yard, Stuntney Estate, Ely B7 5TR, which is a new venue to the league. We believe it could be a great morning for some early Christmas shopping as it is held around a retail park with boutiques, cafes, restaurants and farm shop.

Seniors

2 Stuart Haw 27:21; 3 Alex Gibb 27:22; 16 Phil Martin 29:14; 24 John Pike 30:05; 45 Noah Randall 30:58; 53 Toby Staines 31:22; 92 Daniel Harris 33:24; 101 Paul Larkins 33:49; 130 Richard Moulton 34:45; 135 David Bush 34:54; 137 Arron Pike 35:00; 162 Steve Hall 36:00; 175 Maurice Jacklin 36:19; 238 Alison Staines 38:44; 266 Fatima Painsa 40:00; 273 Paul Parkin 40:08; 275 Becky Witton 40:13; 325 Nichola Gibson 42:16; 403 Kay Gibson 45:48; 425 Polly Knight 47:12; 469 Pauline Kennedy 51:20; 495 Peter Brantom 58:10. 513 finished. **Team:** 5th 948 pts; **Overall:** 7th 2442

Juniors

4 Monty Wood-Davis 9:09; 17 Eddie Radford 9:50; 19 Hannah Fitzjohn 9:56; 35 Byron Stother 10:19; 42 Beatrice Faith 10:32; 43 Olivia Peach 10:33; 69 Rowan Wright 11:13; 74 Kester Wright 11:25; 77 Solomon Stuart 11:32; 78 Monica Stuart 11:32; 82 Alicja Szykowska 11:38; 87 Solomon Stuart 11:43; 89 Lillya Bellaboid 11:44; 94 Bradley Parrott 11:56; 95 Emilie Storta 11:57; 105 Eva Goose 12:09; 106 Serennah Shirley 12:11; 130 Elliot Howard 13:01; 133 Theia Goose 13:07; 141 Isobel Weston 13:53; 151 Natalis Kupczyk 14:43; 159 Orla McClean 16:47. **Team:** 2 117 pts;

Overall: 2nd 250

BRUSSELS HALF-MARATHON, 2nd November

Men

92 Alex Curtis 1:22:02; 144, Oliver Mason (M40) 1:24:31

NATIONAL CROSS COUNTRY RELAYS, Berry Hill Park, Mansfield 1st November

We had 9 teams compete in this prestigious cross-country opener with 5 finishing in the top 60 which showcases strong performances across all age groups.

Our U20 men placed highest, finishing in 15th overall. Lead out man Thomas Preston brought the team home in fourth place with his 8:50 clocking, Isaac Fell completed the 3km circuit in 9:27 - more than 30 seconds quicker than last year, Felix Bowling ran a solid third leg in 9:54.

Our senior women's A-team finished 32nd. Amber Park ran nearly 60 seconds quicker than 12-months ago, Hannah Knight also improved her time by 20 seconds, sister Josie made her senior debut with a time of 11:35. In the B-team it was youngster Yvette Annis who led the team out in 12:09 with masters Elisabeth Sennitt-Clough and Nicky Morgan finishing in 74th place from the 122 teams.

The U17 men's trio of Lewis Legge, Louie Hemmings and Luca Gaskell completed their 3km circuits in 29:51 for 35th team from the 100 entered.

The U17 women's team of Izzy Hurn, Florence Hobbs and Rebekah Clough all ran well to finish 37th from the 62 teams; like the U17 men, all 3 girls are in the bottom year of the age group and should feature again next year.

Our U15 boys' squad of Finlay Smith, Monty Wood-Davis and Luke Royston, all acquitted themselves well finishing in 57th place from 96. Finlay improved 30 seconds while Monty also improved by nearly 40 seconds compared to 12 months ago. Considering he is only 4 weeks back to running after an emergency appendix operation ten weeks ago, this is amazing. This was Luke's first time at such a level, and he ran tremendously well to stop the clock at 7:58.

While our senior men's squad was somewhat depleted through injury, work commitments or family events they delivered a strong performance to finish 84th from 172.

Lead-off man Simon Fell improved by 16 seconds from 12 months ago, with Tom Carlton moving up 12 places with his 18:24, Steven Wilkinson continued the momentum, picking off another 7 places, before Danny Harris anchored the team home in 20:59.

Senior men

84 1:15:46 (Simon Fell (M45) 17:40; Tom Carlton 18:24; Steven Wilkinson 18:40; Danny Harris (M45) 20:59); **B team:** Paul Parkin (M60) 25:37

U20 men

15 28:11 (Thomas Preston 8:50; Isaac Fell 9:27; Felix Bowling 9:54); **B team:** Noah Fell 11:07

U17 men

35 29:51 (Lewis Legge 10:05; Louie Hemmings 9:43; Luca Gaskell 10:02)

U15 boys

57 22:28 (Finlay Smith 7:07; Monty Wood-Davis 7:12; Luke Royston 7:59)

Sen women

32 33:54 (Amber Park 11:13; Hannah Knight 11:05; Josie Knight 11:35); **B team:** Yvette Annis (U20) 12:09; Elisabeth Sennitt-Clough (W50) 13:51; Nicky Morgan (W50) 15:08)

U17 women

37 35:08 (Izzy Hurn 10:50; Florence Hobbs 12:19; Rebekah Clough 11:58)